

News from LCCH Portugal

WAKE UP AND HYPNOTIZE YOURSELF

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Besides the usual practice of individual sessions, the certified hypnotherapist starts to have an array of opportunities to apply his or her knowledge and skills.

Presenting hypnosis and self-hypnosis in a very simple and pragmatic way and letting people start to see how useful it can be in their daily lives, is one of these emerging opportunities.

A mother of three who needs to relax and control her communication and relationships in an assertive way, the sales executive who has to manage his goals and motivation, the student who needs to be focused on her work and study, etc.; all of them need tools and mental resources that can help.

When we start by telling people that they already use self-hypnosis in their daily lives many times in negative and self-destructive way, they tend to start listening to us. And when we tell them that these moments of self-hypnosis are the ones in which they are really awake to themselves, they listen.

But self-hypnosis is - as you may very well know - more than a technique or set of techniques. Self-hypnosis is an attitude. This has - first of all - to make sense to the man or woman that stands in front of us. We as therapists and trainers have to keep in mind that everyone has the potential to self-induce a state of relaxation, to watch their emotions and thoughts or to create others. That is why I very often remember the famous expression of Milton Erickson:

"...everyone is somehow hypnotizable, but sometimes the therapist is not flexible..."

We have to tune in with the person, present a speech that makes sense to that person and demonstrate how hypnotherapy and the techniques we use can help them in their lives.

We need to decode it and interact with the individual so that he or she can make his own way and routine out of self-hypnosis; his own metaphors and visualizations; her own measurements and validations; and above all, to keep motivated to continue to do and apply this approach to their life.

How do we do this? It's not easy, though not impossible, to do this in a one hour session. But playing safe, I have started to develop a training approach to which the patient/student com-

mits to a minimum of four weekly sessions covering the most important self-hypnosis techniques in a personalized way.

The acceptance of this model has been great, and requests from other locations in my country started to arise. Starting in the two most important cities in Portugal - Lisbon and Oporto - I now visit other cities and conduct one day workshops on self-hypnosis for small groups.

Keeping my activity as a lecturer for LCCH in Portugal, acting as a hypnotherapist and hypnocoach, doing volunteer work in some social institutions and conducting these workshops and individual training sessions has become my work and my full time job. And for this accomplished dream, that becomes more and more fulfilling, my self-hypnosis as an attitude to life and as a set of mind tools, has been crucial. To create goals, to motivate myself, to keep focused, to grow... that is why it makes sense to me, and that is why I feel that I need to decode it and share it with as many people as I can.

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